

# Anatomical Movements

- **Flexion** - where there is a reduction in the angle between bones or parts of the body. This term applies **only** to movement *along the sagittal or median plane*. An example of arms flexing is lifting a dinner plate. When applied to the trunk of the body, this term means bowing forwards.
- **Extension** - is the opposite of flexion, and there is an increase in the angle. This term applies **only** to movement *along the sagittal or median plane*. With the trunk of the body, this movement is bowing backwards.
- **Adduction** - where there is a reduction in the angle between bones or parts of the body. This **only** applies to movement *along the coronal plane*.
- **Abduction** - the exact opposite, with an increase in the angle. Also **only** applies to movement *along the coronal plane*. An example of this is where extending arms outwards as if to fly.
- **External/Internal Rotation** - is rotation of an entire limb **laterally** (away from the body) or **medially** (towards the midline of the body).
- **Pronation** - this is the rotation of the hand so that the palm faces posteriorly. This is not medial rotation as this must be performed when the arm is half flexed. *Prone* means the hand is facing posteriorly.
- **Supination** - the rotation of the hand so that the palm faces anteriorly. The hand is *supine* (facing anteriorly) in the anatomical position.
- **Protraction** - is the anterior movement of an object. This term is often applied to the jaw or scapula.
- **Retraction** - the opposite of protraction.
- **Elevation** - superior movement. This term is often applied to the shoulders (eg shrugging shoulders is elevation)
- **Depression** - inferior movement, opposite of elevation.
- **Circumduction** - is a special case of movement involving adduction, flexion, extension and abduction. The resulting movement creates a circular path of movement. Circumduction can be done in the hip, shoulder, thumb and fingers
- **Opposition** - to oppose your thumb, touch your pinky to your thumb
- **Lateral bending** - to deviate your trunk away from the mid-line of your body laterally
- **Inversion** - pointing your foot towards the midline of your body
- **Eversion** - pointing your foot laterally
- **Trunk Flexion/extension** - Bending forward and backwards at the hip
- **Lateral Bending** - Bending at the waist laterally
- **Radial deviation** - movement of the wrist toward the radius (thumb side)
- **Ulnar deviation** - movement of the wrist towards the ulna (pinky side)









